

update

Vol. 4 No. 5

March 9, 1981

The Hospital Information System...

meeting the needs
of the future—*today!*

... page 5

MEMOREX

2078
MODEL 2



MEMOREX 2078





The Center Welcomes

To Credit Union
Sara Jane Best

To Engineering
Charles Alicea
Steven Anuscho
Nevin Mayer

To Housekeeping
Michael Righter

To Laboratory
Michael Yurconic

To Medical Records
Suzanne Justice

To Nursing Service
Elsie Brocious
Leslie Jermyn
Gail Muthard
Barbara Quigney
Carol Schiavone

To Purchasing
Arlene Smith

To Radiology
Nancy Stull

To Respiratory Therapy
Paul Garbarine
Elaine Hazel

To UR/DP
Tammy Duka

Welcome Back
Dwight Bitting - Emergency Room

Cancer program scheduled

The neurophysiological and personality aspects of pain, the nurse-doctor-patient responsibilities in managing pain, pain control through drugs, neurosurgery and nerve blocks are topics which will be discussed at "Managing and Understanding Cancer Pain," to be presented on March 14, 1981.

Sponsored by the Clinical Oncology Program and the Division of Neurosurgery at A&SHHC and the Allentown Hospital, the program will be held in the A&SHHC Auditorium.

Guest speakers include Perry Black, M.D., Professor of Neurosurgery and Chairman of the Department, Hahnemann Medical College, Philadelphia, Nessa Coyle R.N.B.S., Oncology Nursing Clinician, Graduate Student of Columbia University, New York, and Berthold Wolff, Ph.D., Department of Psychology, Research Professor of Psychology, New York University Medical Center, New York.

Also speaking are Raymond J. Deeb, M.D., Chief of Anesthesiology, The Allentown Hospital, David Prager, M.D., Chief, Division of Hematology/Medical Oncology, A&SHHC, and David Tilly, M.D., Neurosurgeon.

Category I credit is available from the Lehigh Valley Area Health Education Center. For further information, contact Tish Isack at 821-2582.

Credit Union to hold meeting

The ASHHC Federal Credit Union will have its annual meeting on Wednesday, March 18, at 2:00 P.M., in the Auditorium. All credit union members are invited to attend.

The meeting agenda will include election of officers and the annual report.

In case you didn't know ... Effective January 1, 1981, individuals have been allowed \$200.00 of dividends and interest to be free of Federal Income Tax. Married couples, filing joint returns, are allowed up to \$400.00 tax-free dividends and interest.

Dividends paid to credit union shareholders are considered interest, and therefore come under the new provision.

Notice

Emergency room visits; benefits for part time employees

When the emergency room is very busy and an A&SHHC employee needs medical care, the employee should leave his/her work area telephone number with the E.R. receptionist. The receptionist will call the employee as soon as the emergency room is able to see them. Any emergencies will, of course, be cared for immediately.

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Questions have been raised at recent "Coffee with Administration" meetings regarding Blue Cross/Blue Shield/Major Medical benefits for permanent part-time employees of the Center.

Some time ago, the hospital had arranged for all interested permanent part-time employees to be able to obtain such benefits by payroll deduction. By doing so, they will be covered by the same group plan that is offered to all full-time employees at a rate well below what can be purchased privately.

Information regarding cost and how to go about starting your payroll deduction is available by calling or visiting the Personnel Office.



Gale Schmidt — Editor
Jim Higgins — Associate Editor
Janet Laudenslager — Staff Assistant
Jack Dittbrenner — Photography
Darla Molnar — Photography



"An apple a day..." Be sure to include fruit as part of your diet.

National Nutrition Month underway!

"Pep up your prime time—exercise, eat right, and enjoy!" That's the theme at this year's March observance of National Nutrition Month by the American Dietetic Association.

This year, activities planned by the Lehigh Valley Dietetic Association include a public forum to be held in the Hospital Center auditorium on March 18, at 7:00 P.M.

The staff dietitians at A&SHHC — Tracy Kuhns, R.D., Diane Pitoniak, R.D., Mathilda Sunnygard, R.D., Judy Holaska, R.D. (Nutrition Support Service), and Jane Ziegler, R.D., (Mobile Rehabilitation Team, Clinical Oncology Program) encourage all employees to consider these dietary guidelines for Americans set by the U.S. Department of Health and Human Services:

1) Eat a variety of foods, including:

- *fruits and vegetables
- *whole grains and enriched breads, cereals, grain products
- *milk, cheese, yogurt

*meats, poultry, fish, eggs

*dry peas and beans

2) Maintain ideal weight

*improve your eating habits by eating slowly, preparing smaller portions, avoid seconds

*lose weight by increasing physical activity, eat less fat and fatty foods, eat less sugar and sweets and avoid too much alcohol

3) Avoid too much saturated fat and cholesterol

*choose lean meat, fish, poultry, dry beans as protein source

*moderate intake of eggs, butter, cream, hydrogenated margarines, shortenings, and coconut oil

*trim excess fat off of meats

*broil, bake or boil rather than fry

*read labels carefully to determine both the amount and types of fat contained in foods

4) Eat foods with adequate starch fiber

*substitute starches for fats and sugars

*select foods which are good sources

of fiber and starch: whole grain breads and cereals, fruits and vegetables, beans, peas and nuts

5) Avoid too much sugar

*eat less candy, soft drinks, ice cream, cake, cookies

*select fresh fruit or fruits canned without heavy syrup

*read food labels for clues on sugar content

6) Avoid too much sodium

*cook with small amounts of added salt

*add little or no salt to food at the table

*limit intake of salty foods: potato chips, pretzels, popcorn, cheese

*read food labels carefully

7) If you drink alcohol, do so in moderation

*alcoholic beverages tend to be high in calories and low in nutrients

*heavy drinking may cause various disorders, such as cirrhosis of the liver, cancer of the throat and neck, and neurological disorders

on call

Appearing on "On Call: A Valley Health Series" on WLVT-TV, Channel 39, will be:

March 9, 7:30 P.M., March 14, 3:00 P.M., - Living through Emotional Loss -

One of the most traumatic and bitter times in life is dealing with and accepting an emotional loss, such as the death of a loved one or a divorce. These stressful incidents can produce harmful physical and psychological side effects if not coped with properly. Guests William Barker, D.Min., and David Durka, Ph.D., offer advice on how to survive these distressing changes in life.

March 16, 7:30 P.M., March 21, 3:00 P.M. - The Best of On Call - A review of the most memorable segments of "On Call" provides a look at a remarkable treatment for the most common cause of crippling in the Western world — arthritis. The program also includes other notable topics on vital areas of health care previously featured on "On Call."

March 23, 7:30 P.M., March 30, 3:00 P.M. - Urology - Urological disorders are often uncomfortable, inconvenient, and embarrassing. The most common problems found today are bladder infections in women and prostate troubles in men. Guests Edward Mullin, M.D., and Scott Yeaw, M.D., discuss the symptoms, diagnosis, and care for disorders in the organs associated with the urinary tract.

March 30, 7:30 P.M. - Women's Health Care - The female reproductive system is one the marvels of human anatomy. From the onset of puberty, a woman encounters a chain reaction of various physical conditions and changes. The obstetrician/gynecologist aids a woman in diagnosing and treating any diseases or disorders of her sexual organs that might occur. Guests Gregory Lang, M.D., and Kathy Pompei, R.N., discuss the particular medical problems of women on this special "live" program. Questions by viewers will be answered over the air by calling 867-4677.



THE WELLNESS CENTER

by Judy Stavisky, Wellness Editor

The Wellness Center is sponsoring a series of mini-sessions for the months of March through June. These sessions are designed to introduce you to what the Wellness Center can offer you through its various programs.

Everyone is welcome to attend; bring along a friend! Keep your eyes open for information on future mini-sessions which will be posted throughout the hospital and listed in Update. Hope you enjoy the sessions!

If you have any ideas for a mini-session, give the Wellness Center a call at 3184.

Below is the schedule for the month of March:

March 9, 6:30 P.M., A&SHHC Auditorium

March 26, 4:00 P.M., A&SHHC Classroom I

"Coping with Burn Out" - Joan Katz, Licensed Psychologist

Your reaction to stressful situations on the job or in your personal life can produce "Burn-Out." Frustration, depression, even physical ailments are common warning signals. Joan Katz will explore why "Burn-Out" occurs and how to cope effectively.

March 17, 6:30 P.M., A&SHHC Auditorium

"Relationships: Beginning, Ending and Changing" - Sally Reagan Opperman, Licensed Clinical Psychologist

Forming, maintaining, and withdrawing from relationships can produce significant changes in our lives. Sally R. Opperman will discuss ways to adapt to relationships which may be growing in new directions.

Poison Prevention Week observed

It's attractive ... it's brightly colored ... it looks like food ... it's within reach. A child of 3 doesn't know it's poison.

The week of March 15-21, has been designated National Poison Prevention Week and the Hospital Center, as a member of the Lehigh Valley Poison Center, wants everyone to be aware of the dangers of accidental poisonings.

Each year, over 500,000 poisonings occur throughout the nation. Most of these involve children under 5 years ingesting hazardous household substances: medicines, furniture polishes, lighter fluids, detergents, turpentine, etc.

Yet, most household poisonings can be avoided — if adults take proper precautions with these hazardous products, such as those below.

In observance of National Poison Prevention Week, the Lehigh Valley Poison Center is sponsoring a program called "Children Act Fast — So Do Poisons," at the YM-YWCA, South 15th Street, Allentown, on Monday, March 16, 9:30 - 11:30 A.M. The Poison Center will have fact sheets, Mr. Yuk stickers, and other informative brochures on poisoning available.

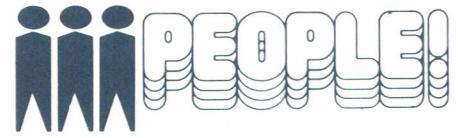
For more information, call the Lehigh Valley Poison Center, 821-2368.

Good Housekeeping rules to use to prevent poisoning accidents:

- (1) Keep all household products and medicines out of reach of youngsters and preferably locked up when not in use.
- (2) When these products are in use, never let them out of your sight — even if you must take them along when answering the telephone or the doorbell.
- (3) Store medicines separately from other household products.
- (4) Keep items in their original containers.
- (5) Leave original labels on all products, and read the labels before using.
- (6) Always leave the light on when giving or taking medicines.
- (7) Avoid taking medicines in front of children since youngsters tend to imitate grown-ups.
- (8) Refer to medicine as "medicine" — not "candy".
- (9) Clean out the medicine cabinet periodically, and dispose of unneeded medicines when the illness for which they were prescribed is over.
- (10) Finally, use safety packaging properly — by closing the container securely after use.

Information system grows

by Becky Ruth, Public Relations Intern



By now, the computer terminals associated with the Hospital Information System (HIS) have become a familiar sight at A&SHHC. Familiar, yes, but perhaps still a little mysterious. If you've been wondering just what the HIS does and why we have it here at A&SHHC, perhaps this article can shed a little light on the system, its present capabilities, goals, and the effect it will have on life at the Hospital Center.

The purpose of the HIS is to electronically link individual areas of the hospital through a common pool of information. The HIS is able to collect, store, process, and analyze hospital data. It can transmit data related to patient care and hospital resources to the specific department that has requested it. The overall benefits to the hospital are an improvement in patient care, a decrease in paperwork, and an increase in hospital-wide operational and communication efficiency.

The computers themselves are located in the Allentown and Sacred Heart Computer Center, across from Lake Muhlenberg, in Allentown. There are 75 display stations at A&SHHC, including a simulation terminal for training new operators. The training terminal replicates the functions of A&SHHC's actual terminals without actually affecting the system.

The HIS is currently in the second year of a five-year implementation program. Features are incorporated into the system based on priorities of need.

At this time, five areas of the system have been implemented: on-line patient registration, the patient master file index, the admissions-discharge-transfer system, basic order entry, and a financial system.

The on-line patient registration system enables the hospital to compile the patient-master file index. When a person is admitted to A&SHHC, he/she reports to one of the two centralized areas: the Emergency Room/Outpatient registration area or the inpatient registration area. Here, the reason for his/her visit and demographic and insurance information is collected by a clerk who types it into an HIS terminal. The system then automatically produces the first page of the patient's chart.

From the on-line registration system, the patient master file index is able to build a master file of all patients who have been treated by the hospital. The index includes all persons who have made inpatient, outpatient, and emergency room visits. Immediate knowledge is provided as to whether the patient was previously treated at the hospital, patient identification is made easier, and access to patient information is provided for every hospital area which needs it. Another master file feature is a radiology index. This index records all patients who have had x-ray treatment.

The admissions-discharge-transfer system provides each display terminal with access to patient information and location, including all admissions, discharges, and transfers. This system makes it easier to locate a patient within the hospital and cuts down on paperwork associated with admission and patient census information.

The order entry system enables a doctor's written orders to be entered into the computer at the nurse station or diagnostic department. At the present time, the order entry system is tied into the dietary and admitting departments. This basic order entry system will shortly be expanded to include social service, medical records, the vascular lab, and pulmonary function.

The financial section of the HIS is used for financial statistics and patient billing. A patient's bill will include an itemized list of medical procedures performed as well as medication, telephone, TV, and room and board charges.

Later this year, the HIS will add the medical profile, patient care plan, and medication profile systems to its capabilities. A results entry and reporting system is scheduled to be incorporated within the next fiscal year.

The major function of the HIS is to facilitate communication between departments at A&SHHC. When used to its full potential, the HIS improves communications and helps to cut down on unnecessary paperwork — a true benefit to the entire hospital community.

Edward Hindin, Director of Planning, has been appointed to the Hospital Association of Pennsylvania (HAP) Committee on Planning and Hospital Development. The 16-member committee will develop HAP policies on appropriateness review implementation, as well as work with the HAP Committee on Ambulatory Care for developing policies on emergency medical services. The committee will also work with the American Hospital Association to reassess Pennsylvania hospitals' experience and problems with Public Law 9361 which mandates hospital planning policies.

Dorothy A. Holveck, R.N., Director, Critical Care Division, Nursing Services, has been awarded a "Certification in Nursing Administration" from the American Nurses Association.

This award is presented after meeting certain criteria and successfully passing an examination testing knowledge in personnel and financial management, staffing, program planning and implementation, management styles, supervision, nursing care delivery, community and social concerns of nursing administration.

Janine Fiesta, Risk Manager, has authored a nursing textbook to be published later this year. Entitled "A Complete Guide to Nursing Law: Case Studies," the book will provide college and university nursing students with an analysis of over 200 malpractice cases in the United States in which nurses were involved.



is coming!!!



Raft trip

The raft trip scheduled for Saturday, April 25, has been filled. However, there are still spaces available for the raft trip on Sunday, April 26.

For information and reservations, contact Janet in Public Relations at 3084.

Broadway trip

All openings for the trip to Broadway on Saturday, May 30, have been filled. However, if you are still interested, please contact Jeanne Fignar at 2062, in case of cancellations.

All those who made reservations will be notified when to pick up your tickets, at which time the \$9.00 cost for the bus will be due.

May Daze

The Recreation Committee is again sponsoring a wine booth at May Daze, May 15, 16 and 17. To be able to sponsor this booth, we need your help. Anyone interested in donating wine or money to purchase wine should contact the Public Relations Office at 3084.

Coming events

March 21 - Atlantic City Trip
March 28 - Atlantic City Trip
April 3-6 - Bermuda Trip
April 25 & 26 - Raft Trip
May 15, 16, 17 - May Daze Wine Booth
May 30 - Broadway Trip

Men's Softball

Sign ups for the A&SHHC Men's Modified Pitch Team in the East Penn Modified League will be on Friday, March 13, 12:00 noon, in Classroom I, only.

All past team members and interested newcomers are encouraged to attend this mandatory meeting.

If you cannot attend, please contact Jim Higgins, Team Manager, at 3084, prior to the meeting.

The sign up date will not be repeated.

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